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LOVE IS IN THE AIR

Get ready for the new season of "The Bachelor." 16



'Call me a radical,' Ocasio-Cortez tells '60 Minutes.' 8

Growing a career in the legal marijuana industry. 20-21



WHO'S NEXT, 2020?

It's not too early to start thinking 2020 presidential election as Democratic candidates begin preparing to unseat Trump. 4

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GRADUATE STUDIES

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Jan. 24

THINGS
TO
KNOW

WILL DRICKEY, DIGITAL REPORTER

Anderson Cooper calls Alexandria Ocasio-Cortez's tax plan "radical," but it's not. We taxed millionaires like him as much as 70 percent fewer than 40 years ago. Questions of whether or not the billionaires "earn" their incomes aside, the fact is nobody needs \$10 million a year (or more) to live. And unless we take drastic action on climate change, and quickly, we might not live long enough to see how they spend it.

WELCOME TO
METRO.USCOLE BOMBING PLANNER
KILLED IN YEMEN STRIKE

Jamal al-Badawi, wanted by the United States for his suspected role in the attack on the USS Cole 18 years ago, was killed in a precision strike in Yemen on Jan. 1, U.S. Central Command said on Sunday. Badawi was indicted by a federal grand jury in 2003 over his role in the October 2000 deadly bombing of the USS Cole, a Navy guided-missile destroyer. He escaped from prison in Yemen twice, once in 2003 and again in 2006. "U.S. forces confirmed the results of the strike following a deliberate assessment process," said Central Command spokes-

man Captain Bill Urban, two days after the Defense Department said U.S. forces had targeted Badawi in the strike. It is the latest blow to Yemen's al Qaeda branch, known as Al Qaeda in the Arabian Peninsula (AQAP), which has lost key leaders in U.S. strikes in recent years. In 2018, U.S. officials said they believed that Ibrahim Hassan al-Asiri, once one of the world's most feared bombmakers, had been killed. Still, Katherine Zimmerman at the American Enterprise Institute conservative think tank cautioned that AQAP had proven it will remain a threat.

SOCCER'S ROONEY BUSTED
FOR PUBLIC INTOXICATION

English football star Wayne Rooney was arrested in December at Dulles Airport outside Washington, D.C., for public intoxication, according to local police. Rooney, who has played for U.S. soccer team D.C. United since last year, was booked into the Loudoun County Adult Detention Center on Dec. 16 on a charge of public intoxication stemming from an arrest by the Metropolitan Washington Airports Authority Police, the local sheriff's office said. The English footballer was arrested at an international arrivals gate

at Dulles after he triggered a door alarm but did not breach airport security, a Metropolitan Washington Airports Authority spokesman said in a statement. He received a \$25 fine, according to court documents. Rooney, 33, was released later the same day on a personal recognizance bond, said Craig Troxell, a spokesman for the Loudoun County Sheriff's Office. It was not immediately clear why authorities had delayed releasing details of Rooney's arrest for more than two weeks. Rooney's agent could not be reached immediately for comment.



76TH ANNUAL GOLDEN GLOBE AWARDS

3 Terry Crews makes a grand entrance at Sunday's 76th Annual Golden Globe Awards at The Beverly Hilton Hotel in Beverly Hills, California.

GETTY IMAGES

POLAND TO CLOSE 'UNSAFE'
'ESCAPE ROOMS': PM

4 Poland will close "escape rooms" that do not meet safety standards, Prime Minister Mateusz Morawiecki said on Sunday after a fire killed five teenage girls. The girls were celebrating a birthday at an escape room in the northern town of Koszalin when the fire broke out. The venue's owner was arrested on Sunday, Polish media reported. Authorities carried out inspections of at least 178 escape room locations across Poland at the weekend and found 129 did not meet health and safety

standards, said the head of state fire services Leszek Suski. Thirteen locations were ordered closed. In escape rooms, participants are locked in and race against the clock to solve puzzles and challenges to open a way out. "This was unprecedented ... any sort of prevention is important," Morawiecki told reporters. Interior Minister Joachim Brudziński urged parents to report potential safety violations at escape rooms or other children's entertainment centers. "Sanctions need to be harsh," Brudziński said.

WIKILEAKS: 140 THINGS NOT
TO SAY ABOUT ASSANGE

5 WikiLeaks on Sunday advised journalists not to report 140 different "false and defamatory" statements about its founder Julian Assange, who has been holed up in the Ecuadorian embassy in London since June 2012. It was not immediately clear what prompted the advice to media organizations, but WikiLeaks singled out Britain's Guardian newspaper for publishing what it said was a false report about Assange. The Guardian did not immediately respond late on Sunday to a Reuters request for comment. The Australian set up

WikiLeaks as a channel for publishing confidential information from anonymous sources. He is a hero to some for exposing what supporters cast as government abuse of power and for championing free speech, but to others he is a rebel who has undermined the security of the United States. WikiLeaks angered Washington by publishing hundreds of thousands of secret U.S. diplomatic cables that laid bare often highly critical U.S. appraisals of world leaders from Russian President Vladimir Putin to members of the Saudi royal family.

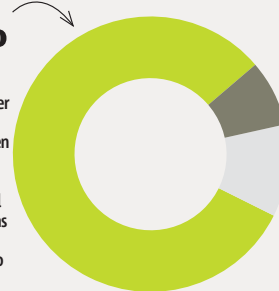
STATS

WHAT GOV'T SHUTDOWN?

How long has the federal government been shut down over a budget impasse between President Trump and congressional Democrats — nearly two weeks, less than a week, or hasn't it started yet?

83%

Correctly believe the shutdown over a budget impasse between President Trump and congressional Democrats has been running for nearly two weeks now.



U.S. voters say the shutdown hasn't started yet.

11% Think it's been going for less than a week.

RASMUSSEN REPORTS



New York City Department of Education Notice of Disclosure of Directory Information



Dear Parent/Guardian, Current or Former Student:

The New York City Department of Education (DOE) is helping the New York City Department of Health and Mental Hygiene (Health Department) begin a research study. The research study is about health and educational impacts of the 9/11 World Trade Center disaster on students. The study will include students in school during and after 9/11. DOE will give information about parents, guardians, former students and current student to the Health Department.

The Family Educational Rights and Privacy Act is a federal law that protects the privacy and confidentiality of students. The law allows DOE to share student directory information, which includes the information listed below. **You have a chance to say you do not want DOE to share your directory information.**

Whose information will DOE be sharing? DOE will share information about students in certain areas that were enrolled in school at the time of September 11, 2001 or those first enrolled by 2006-2007. The areas are:

- Lower Manhattan
- Northwest Brooklyn
- Flushing, Queens
- Upper West Side, Manhattan
- Sunset Park, Brooklyn

What directory information will be shared? DOE will share:

- Student, parent and guardian names
- Whether student was born inside NYC or NY State
- Parent/guardian relationship to student
- Spoken and written language(s)
- Phone number, email & home address history
- Any schools/educational institutions of enrollment
- Student's sex and date of birth
- Enrollment time periods

Who will receive the directory information and how will it be used? The Health Department will receive the information. Contractors will be hired to help the Health Department conduct the research study, and the National Student Clearinghouse (NSC) may receive the information. No one else will have access to the information. Contractors will help get updated contact information by searching various records available to them. NSC may help get updated school information on students after high school. The Health Department will use the information to reach out to individuals to learn if they want to be a part of the research study.

How will your information be protected? DOE and the Health Department will have written agreements to require those who get the information to protect and secure it. Individuals will not be allowed to sell, use, or share the information for any advertising, marketing, commercial purposes, or for any purpose besides for the research study.

What do you need to do?

1. **Do nothing:** you or your child's directory information will be shared with the Health Department.
2. **Fill out this form** if you **do not want** your directory information or your child's directory information to be shared with the Health Department, and return it by February 15, 2019 to:

Attn: 9/11 Opt Outs Room 310
New York City Department of Education, 52 Chambers St New York, NY 10007

I DO NOT WANT Directory Information to be shared with the Health Department.

Student's First Name:

Student's Last Name:

School (current or last school attended):

Student Date of Birth & Student ID Number (if known)

Parent/Guardian Printed Name:

Signature—students age 18 and over must sign for themselves:

Date:

—Return by February 15, 2019 if you do not want to share your or your child's directory information—

NEWS



Sen. Elizabeth Warren.

GETTY IMAGES

2020 Presidential contenders begin to step forward

The latest potential challengers to President Trump.

MICHAEL MARTIN
letters@metro.us

“ramp up to ramp down.”

Flirting heavily

On MSNBC Friday, former Virginia Gov. Terry McAuliffe said his chances of running were “50-50,” then delivered the equivalent of a stump speech about his successes at the state helm, including health care and wage growth.

In December, former NYC Mayor Michael Bloomberg made some conspicuous preliminary moves, meeting with prominent Democratic leaders in Iowa — site of the first Democratic caucus vote in January 2020 — and telling Radio Iowa that he was ready to sell his company, Bloomberg LP, or place it in a blind trust ahead of a return to politics.

Polling leaders

A surprise MoveOn poll last month found that Beto O'Rourke — who narrowly lost his Senate race to Ted Cruz in ruby-red Texas, while raising record amounts of cash and gaining national celebrity — was the candidate Democrats were most excited about.

Since then, other early polls have coalesced around three contenders: Biden, 2016 candidate Bernie Sanders, and O'Rourke, in that order. In mid-December, a straw poll of likely Iowa Democratic caucusgoers placed Biden first at 32 percent, Sanders second at 19 percent and O'Rourke third at 11 percent.

Following was Warren, with 9 percent; California Sen. Kamala Harris (5 percent) and New Jersey Sen. Cory Booker (4 percent). Bloomberg was at 3 percent.

Sanders has run into some early headwinds: Recent news cycles have included reports about sexism in his 2016 campaign and “Bernie bros” attacking O'Rourke on social media; some Democrats blame Sanders supporters' ire for hobbling Hillary Clinton in her race against Trump.

The winners of the mid-term congressional elections have barely warmed their seats, but potential 2020 presidential candidates are wasting no time in declaring their intentions to join what political analysts have called a “free-for-all” and “candidate tsunami.”

One prominent Democrat, Sen. Elizabeth Warren of Massachusetts, announced her plans to form an exploratory committee for a presidential run last week, joining several others. A number of other prominent names are expected to announce within the next two weeks. Overall, more than a dozen candidates — perhaps as many as 30 — are expected to seek traction in the early stages of the race.

NPR reports that in addition to Warren, three other Democrats have at least formed exploratory committees for a presidential run: ex-Rep. John Delaney of Maryland, who announced he was running in 2017; entrepreneur Andrew Yang; and Richard Ojeda, who lost his mid-term race for a West Virginia congressional seat.

Expected to announce

Former San Antonio Mayor Julián Castro, who has attracted presidential speculation ever since a star-making speech at the Democratic National Convention in 2008, will formally announce his run on Jan. 12, multiple sources reported last week. He formed an exploratory committee on Dec. 12.

Last month, former Vice President Joe Biden called himself the “most qualified person in the country to be president” during a speech in Montana. It was the clearest statement yet that he is considering a run. Shortly after the remarks, Antjuan Seawright, a Democratic strategist who worked for Hillary Clinton's 2016 campaign, called Biden's strategy



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Open Advisement Sessions for the upcoming spring semester will be held on the following dates:

Weekday evenings at 6 p.m.

Tuesday, January 22*	Thursday, January 24*
Wednesday, January 23*	Friday, January 25*
	Monday, January 28**

Saturday mornings at 11 a.m.

Saturday, February 2*
Saturday, March 9*

*These advisement sessions will take place in the Fairchild Building at 7 East 12th Street.

**The January 28 advisement session will take place in the Woolworth Building in Lower Manhattan at 15 Barclay Street.

For program and advisement session details, visit our website at sps.nyu.edu/ali05 or email ali@nyu.edu.



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Trump holds firm on border wall, offers steel option as compromise

President Donald Trump on Sunday pledged not to bend in his demand for a wall along the southern border with Mexico but said the barrier could be made of steel instead of concrete as a potential compromise with Democrats who refuse to fund the project.

Trump's comments came at the start of the third week of a partial government shutdown that has left hundreds of thousands of federal workers idled or without paychecks.

Trump, a former New York businessman, said he could relate to the workers who would have trouble paying bills because of the shutdown and threatened, again, to declare a national emergency as an alternative way to build the wall, depending on the outcome of talks in the coming days.

Democrats, led by new Speaker of the House of Representatives Nancy Pelosi, consider the wall to be immoral and have declined to approve the \$5.6 billion Trump wants to make good on the signature promise of his 2016 presidential campaign. Democrats, who took control of the House last week, passed a bill to reopen the government without wall funding.

The debate was a "very important battle to win from the standpoint of safety, No. 1, (and) defining our country and who we are," Trump told reporters at the White House before leaving for a short trip to the Camp David presidential retreat.

"The barrier, or the wall, can be of steel instead of concrete, if that helps people. It may be better," he said.

Vice President Mike Pence led a second round of talks with congressional aides on Sunday about the issue, but Trump had said he did not expect those talks to produce results.

The White House warned again that the shutdown could last for some time while suggesting that the offer of a steel barrier was an olive

branch to Democrats.

Mick Mulvaney, Trump's acting chief of staff, told NBC's "Meet the Press" program that agreeing to a steel separation would allow Democrats to stick to their refusal to fund a wall.

"That should help us move in the right direction," said Mulvaney, who is also the head of the Office of Management and Budget.

Democrats would likely demand other concessions, like protections for immigrants brought to the United States as children, otherwise known as Dreamers, or changes to other spending provisions.

House Majority Leader Steny Hoyer did not show his hand when asked whether the White House offer to take a concrete wall off the table was evidence of compromise.

"It'll be discussed," he said on NBC.

Mulvaney, who took part in talks with Pence and congressional aides on Saturday, said technical requests bogged them down.

"I think this is going to drag on a lot longer. I think that's by intention," he said.

800K

About 800,000 government workers are either furloughed or working without pay.

Large chunks of the federal government were shut down on Dec. 22 after lawmakers and the president hit an impasse over Trump's demands to build a wall. About 800,000 government workers are either furloughed or working without pay.

Trump is demanding that any funding to keep the federal government operational also include money to help build a \$23 billion wall along the U.S. border with Mexico.

Trump said on Sunday that he should not have to lower his demand for

\$5.6 billion, though he said he understood the impact the impasse was having on affected federal workers struggling to pay their bills. **REUTERS**



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L train renovation will still disrupt low-wage-earning New Yorkers

With months of disruptions expected to night and weekend L train service, some New Yorkers will be disproportionately harmed.



KRISTIN TOUSSAINT
kristin.toussaint@metro.us

If you have to commute from Brooklyn to Manhattan for your 9-to-5 job, you might be rejoicing at the news that the L train shutdown is no more. But for some low-income, hourly and service workers in the city, that same relief isn't there.

When Gov. Andrew Cuomo announced the change last week, he proudly noted that weekday and rush hour schedules now will be unaffected.

Instead, repairs will

affect service overnight and on weekends only, and possibly for longer than the 15 months originally planned for the L train shutdown, putting the transit burden on the shoulders of a certain demographic.

We already know that subway delays and overall poor service disproportionately harm low-income and minority residents. This L train shutdown change will exacerbate that, said Danny Pearlstein of the Riders Alliance.

"When you live in a community where you travel longer to work, there are more things that can go wrong, you're more likely to have trouble," he said. "So that's magnified in a situation where there are planned shutdowns and slowdowns."

Sure, the full L train shutdown would have impacted those who work nights and weekends any-



GETTY IMAGES

"The important point for people who work nights and weekends is they're going to need the mitigation plan to stay in place."

Danny Pearlstein, Riders Alliance

way. But the concern lies in how officials will help these residents now that the complete shutdown is called off.

"The important point for people who work nights and weekends is they're going to need the

mitigation plan to stay in place," said Pearlstein. "That the proposed mitigation involving additional service on surrounding lines and much better bus service still stands."

Otherwise, a "mini L-pocalypse" could still

await some Brooklyn residents, he said.

Exact statistics about late-night ridership for the MTA were unavailable, but studies have found that generally, lower-income people use "off-peak transit" at much higher rates than wealthy residents.

A 2003 study on national travel trends found that 60 percent of off-peak transit riders made less than \$40,000 a year. When the Massachusetts Bay Transportation Authority cut late-night transit in 2016, many cried injustice, citing how 60 percent of late-night riders were low-income and nearly 50 percent were people of color.

Just by looking at the demographics of the neighborhoods represented by Council Member Rafael Espinal Jr., most of which fall along the L line, his office said that it's clear low-income New Yorkers and New Yorkers

of color will be the ones most affected by this sudden change to the L train shutdown plan.

"There are tens of thousands of New Yorkers who depend on the L line after hours and on the weekends," Espinal said. "Late-night workers who are working at our hospitals, and everyone working in the nightlife community. We can't forget that they need to also be able to get around."

The stakes for getting to a service job late tend to be higher than for office workers as well. Pearlstein has heard from Riders Alliance members whose employers outright said they can't blame the subway.

"People have to take huge chunks of time out of their lives that they can't spend with family, that they have to devote to the possibility of being late on the subway," he said. "That's not acceptable."

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Ocasio-Cortez wants to raise taxes – just not yours

In an interview with “60 Minutes,” the newly elected U.S. Congresswoman from NYC pushed for a “radical” tax plan.



WILL DRICKEY
will.drickey@metro.us

Representing New York’s 14th Congressional District, Congresswoman Alexandria Ocasio-Cortez’s plan for a Green New Deal will be difficult to pay for, especially with current federal budget troubles. That’s why she wants to significantly raise taxes, but only for those making more than \$10 million per year.

“That doesn’t mean all 10 million dollars are taxed at an extremely high rate,” she clarified to CNN’s Anderson Cooper. “But it means that, as you climb up this ladder, you should be contributing more.”

The ladder that Ocasio-Cortez referred to is the historically more complicated income tax system, which taxed extremely high incomes at a much higher rate than they are now. Currently, all yearly income past the \$500,000 mark is taxed at 37 percent; as recently as 1981, that figure was 70 percent.

“What you’re talking about, big picture, is a radical agenda compared to the way politics is done right now,” responded Anderson Cooper, who is paid \$11 million a year and hails from the Vanderbilt family.

If Ocasio-Cortez’s tax proposal became law, it would raise taxes on highest-income Americans to 70 percent — not even the highest in American history. During Franklin Delano Roosevelt’s administration, incomes higher than \$2 million were taxed at a rate of 94 percent. It was only in the Reagan administration that the tax rate for very high incomes fell to their current levels, and also

marked the beginning of the rampant wealth inequality that continues today.

“If that’s what radical means, call me a radical,” Ocasio-Cortez concluded.

Progressive tax rates and you: Earning more doesn’t mean keeping less Right-wing outcry against Rep. Ocasio-Cortez’s proposed tax plan was loud and immediate, with Republican Congressman Steve Scalise attacking it on the basis of an at-best flawed understanding of how income taxes in America work.

Under the tax system advocated by Rep. Ocasio-Cortez, the vast majority of Americans would not see their taxes increase: As of June 2018, the median income was \$62,175. In fact, Ocasio-Cortez recommended keeping taxes for incomes under \$75,000 at 10 or 15 percent.

This fact hasn’t stopped organizations from attempting to overplay the effect this tax plan would have on New Yorkers, despite the fact that according to the Independent Budget Office, only one-tenth of one percent of New Yorkers make more than \$5.2 million in a year.

Outlets such as Americans for Tax Reform have used misleading language in describing the plan, helping spread a common misconception that making enough money to reach a higher tax bracket will result in bringing home less than earners would if they had stayed in a lower bracket. This simply is not true, according to the Center for Economic and Policy Research (CEPR).

“There is no [as in none, nada, not any] way that getting more money, and being pushed into a higher tax bracket will leave you with less money after taxes,” CEPR senior economist Dean Baker once wrote in a column for Business Insider.

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More information: bit.ly/151somers

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Who Should Apply?	Individuals or households who meet the income requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. General preference will be given to New York City residents	A percentage of units is set aside for people with disabilities:
		• Mobility (5%) • Vision/ hearing (2%)
		Preference for a percentage of units goes to:
		• Residents of Brooklyn Community Board 16 (50%) • Municipal employees (5%)

Eligible buyers should have 10% of the purchase price available for down payment.

Buyers must occupy the condominiums as their Primary Residence.

Please note that the quoted sales prices, maximum household income, asset limit, etc., are estimated and are subject to change.

EACH BUYER MUST OCCUPY THE CONDOMINIUM AS THEIR PRIMARY RESIDENCE.

ANY PROSPECTIVE APPLICANT WHO CURRENTLY OWNS OR PREVIOUSLY HAS PURCHASED A RESIDENTIAL PROPERTY IS INELIGIBLE.

The estimated sales prices, home square footage, and income requirements are as follows:

Bedrooms	Homes Available	Household Size*	Total Annual Income Range Minimum – Maximum**	Asset Limit*** (\$182,525 + required down payment amount)	Estimated Prices
Studio	1	1 person	\$38,860 - \$43,860	\$205,204	\$226,790
		2 people	\$45,100 - \$50,100	\$205,204	\$226,790
1 bedroom	1	1 person	\$38,860 - \$43,860	\$208,440	\$259,150
		2 people	\$45,100 - \$50,100	\$208,440	\$259,150
		3 people	\$51,340 - \$56,340	\$208,440	\$259,150

* Subject to occupancy Criteria

** Income guidelines subject to change; larger down payments may allow for lower minimum incomes.

*** Asset limit subject to change

How Do You Apply?

DOWNLOAD ONLINE: <http://bit.ly/151somersapplication>

To request an application **by mail, send a self-addressed envelope to: 151 Somers Street Condos, C/O Reside New York, 381 South 5th Street, Brooklyn NY 11211**. Only send one application per development. Do not submit duplicate applications. Applicants who submit more than one application may be disqualified. Completed applications must be returned by regular mail only (no priority, certified, registered, express, oversized, or overnight mail will be accepted) to a post office box number that will be listed on the application.

An informational session will be held on: **Wednesday, January 9, 2019 at 6pm at Brooklyn Public Library – Saratoga Branch, 8 Thomas S. Boyland Street, Brooklyn, NY 11233**.

Seminar attendance is not mandatory to purchase a condominium.

When is the Deadline?

Applications must be postmarked by **February 4, 2019**.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process.

If you are selected and you appear to qualify, you will be invited to an appointment to review your documents and to continue the process of determining your eligibility. Appointments are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

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Español	Para solicitar por correo una solicitud de este anuncio en "ESPAÑOL", envíe un sobre con su nombre y dirección como destinatario a la siguiente dirección: 151 Somers Street Condos, C/O Reside New York, 381 South 5th Street, Brooklyn NY 11211 . En la parte posterior del sobre, escriba en inglés la palabra "SPANISH". Para descargar una solicitud en línea haga clic aquí: http://bit.ly/151somersapplication . Las solicitudes deben tener el sello postal con fecha del 4 de febrero 2019 o anterior.
简体中文	如需通过邮件获取该“广告”的申请表，请寄至： 151 Somers Street Condos, C/O Reside New York, 381 South 5th Street, Brooklyn NY 11211 。请在信封的背面用英文写下“CHINESE”。在线下载申请表： http://bit.ly/151somersapplication 。请保证申请表的面部日期在2019年2月4日之前。
Русский	Чтобы запросить заявление по данному объявлению на РУССКОМ языке по почте, отправьте вложенный в письмо конверт с обратным адресом отправителю по адресу 151 Somers Street Condos, C/O Reside New York, 381 South 5th Street, Brooklyn NY 11211 . На обратной стороне конверта напишите латиницей слово «RUSSIAN». Скачать заявление можно через Интернет: http://bit.ly/151somersapplication . Штмпель на заявлении должен быть поставлен до 4 февраля 2019.
한국어	우편을 통해 이 홍보로 신청서의 "한국어" 버전을 요청하려면 우표가 붙은 자기 주소를 명시한 회신용 봉투를 151 Somers Street Condos, C/O Reside New York, 381 South 5th Street, Brooklyn NY 11211 로 보내주세요. 봉투 뒷면에는 영어로 "KOREAN"이라고 적습니다. 신청서를 온라인으로 다운로드하려면 http://bit.ly/151somersapplication 로 이동하십시오. 신청서는 반드시 2019년 2월 4일 전까지 소인이 찍힌 우편으로 발송되어야 합니다.
Kreyòl Ayisyen	Pou mande yon aplikasyon piblikse sa a an "KREYÒL AYISYEN" pa lapos, voye yon anviop ki tou gen adrès ou ak tenb sou li bay 151 Somers Street Condos, C/O Reside New York, 381 South 5th Street, Brooklyn NY 11211 . On the back of the envelope, write in English the word "HATIAN CREOLE." To download an application online http://bit.ly/151somersapplication Applications must be postmarked before fevriye 4, 2019.
العربية	تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني http://bit.ly/151somersapplication للحصول على ترجمة باللغة العربية لهذا الإعلان وت نموذج الطلب الورقي. أرسل مظاروف يحمل اسمك وعنوانك إلى: 151 Somers Street Condos, C/O Reside New York, 381 South 5th Street, Brooklyn NY 11211 . يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بتمت البريد قبل 14 يناير، 2019. للظروف، اكتب باللغة الإنجليزية كلمة "ARABIC".

Mayor Bill de Blasio • HPD Commissioner Maria Torres-Springer



Rick Chandler with Bill de Blasio. GETTY IMAGES

Taxi, buildings commissioners resign over weekend

Meera Joshi and Rick Chandler both stepped down.



WILL DRICKEY
will.drickey@metro.us

Department of Buildings Commissioner Rick Chandler and Taxi and Limousine Commission chair Meera Joshi quietly announced their resignations on Saturday, leaving the TLC without a ready replacement.

"Under her leadership, New Yorkers who use wheelchairs can get service, passengers are assured that every driver and vehicle is safe, our city has detailed records of the one million daily trips and New York City is the only place where app drivers have pay protections," Mayor de Blasio said in a statement.

In addition to the reforms listed by de Blasio, Joshi's five-year tenure as TLC CEO and chair was marked by

ongoing strife between yellow cab taxi drivers and companies like Uber and Lyft. The New York City Council voted to cap licenses for new ride-share drivers in August, a move to combat both traffic congestion and the apps' increasing threat to taxi workers' livelihoods.

In early December, Joshi publicly broke with New York state policy, urging legislators to reconsider the congestion fees targeting for-hire vehicles that were recently blocked by a state judge and described by taxi advocates as non-sensical.

Though de Blasio announced Joshi's resignation this weekend, she will continue in her current position until March. The mayor's office has not yet announced who will be replacing Joshi, leaving the possibility of the agency running unhelmed once the commissioner finally steps down.

Chandler's resignation as Department of

Buildings Commissioner was also announced. Chandler spent four years in the role and nearly 20 with the agency.

"While I'm sad to see Rick go, I thank him for his decades of service to the city and wish him well in his future endeavors," de Blasio said in a statement.

Chandler's time as commissioner was marked mostly by his efforts to hire more than 300 new building inspectors and support staff, as well as modernizing the department's permit system. Aside from a bribery scandal in 2015, in which more than a dozen inspectors and clerks were charged with taking payments and gifts from property owners for fast-tracking inspections and illegally evicting tenants, his tenure was, for the most part, quiet.

Replacing Chandler will be Thomas Fariello, the organization's First Deputy Commissioner, effective at the beginning of February.

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NEWS

METRO.US
MONDAY, JANUARY 7, 2019

MTA warns against walking between subway cars after 7 deaths in 2018

Just last month, four people died after walking or standing between New York City subway cars.



KRISTIN TOUSSAINT
kristin.toussaint@metro.us



GETTY IMAGES

"3 people have died this month walking between moving subway cars. Don't take the risk. Please ride safely."

The MTA also shared some frustrating statistics that may help dissuade the habit, about how such incidents can cause serious train delays.

When someone dies, power needs to be cut from the tracks and a first-responder investigation and recovery work must take place, causing train delays and crowding on platforms.

Of the seven deaths in 2018, approximately 500 New York City subway delays recorded as a result. One incident alone, on Dec. 21, caused 190 delays.

MTA officials will also add new on-car signs and stickers to remind strap-hangers how dangerous moving between cars can be.

ous and can cost a person their life," NYC Transit President Andy Byford said in a statement. "It's not worth it and we're urging our customers not to do it."

NYC Transit recently launched a public service campaign in an attempt to dissuade subway riders from taking the risk.

Along with announcements over the subway loudspeakers, display signs in New York City subway stations also show death totals. Those PSAs began in the last week of December, stating that

Seven people died after walking or riding between New York City subway cars in 2018, according to the MTA, including four people in December alone — a jump from five total deaths in 2017. There were five passenger deaths from movement between subway cars in 2016.

After 2018's deadly year, the transit authority is reminding New Yorkers how dangerous walking between subway cars can be.

"Riding or walking between subway cars without supervision is danger-

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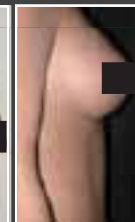
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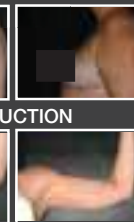
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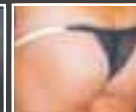
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Important Knee Arthritis Pain Alert

Study Shows Simple Treatment Helps Avoid Knee Replacement Surgery For 75% Of Worst Cases At Least 7.3 Years...

*Free Screenings Offered At NYC Medical Clinic To See If You Qualify For This Proven And Effective Treatment. *Spots Are Limited Due To High Demand*

NYC - What would it be worth to you if... in just 60 minutes... you could finally discover a way to get relief for your knee arthritis pain?

And...

How would it feel if you could wake up tomorrow morning and some... or even all your pain was gone?

And...

Wouldn't it be wonderful to start a brand new life and leave all your pain and suffering behind?

A life where...

...you jump out of bed in the morning, well rested and ready to take on the new day, without pain...

...you don't have to take slow, limping laps around your bedroom just to be able to walk every morning...

...you can go for walks, go up and down stairs and maybe even play sports like tennis and golf again...

...you can finally do all the things and enjoy life (just like everyone else) without constant, nagging pain...

Well... that's exactly what can possibly happen to you if you spend just 60 minutes with us...

...Because that's all it will take for one of our expert doctors to show you what we believe to be the safest, and most effective knee arthritis pain treatment there is...

I know you may find this hard to believe. Just about every one does when we tell them about this... at first.

But it doesn't take long for them to turn from skeptic to raving fan as soon as their pain improves so fast.

Do You Have An Open Mind?

So, I'm not asking you to believe me just yet. All I ask is you approach this and read the rest of this information with an open mind. If you give us a chance, we promise, you won't be disappointed...

Because There is Proof Real medical proof.

Here it is. A leading Orthopedic Surgeon and knee pain expert was getting excellent results with this non-surgical treatment on his own patients. In fact, this study involved almost 2000 patients followed over 10 years.

And more specifically, he was getting amazing results the way HE was doing this treatment using high tech imaging for precise technique... just like we do it...

And he wanted to prove... beyond a shadow of a doubt... the results he got... were not only REAL... they could most likely work for others just like you.

So he conducted some research, an 11 year project, and is was published in the "Journal of Knee Surgery"... a Real and REPUTABLE medical journal (A copy of this research is available on our website or by mail)

What were his results

and what do they mean for your pain?

In this study he found that 75% of the severe knee arthritis pain patients he treated... and were facing knee replacement surgery... did not need to have knee replacement surgery... and were still OK 7.3 years later!

This is incredible news for you... and here's is why...

The patients in this study were Stage 4 knee arthritis. That's the most advanced and worst stage. These are the cases that are usually sent for knee replacement surgery.

These patients had also gone through the common medical treatments like pain and anti-inflammatory pills, physical therapy etc. and all that had failed.

So... these were the WORST cases of which every thing else had failed ... YET, after this treatment, 75% still did not need knee replacement even more than 7 years later.

And it gets better. The study only collected data up to that time. It is pretty safe to say that many may never need surgery.

Bottom line: This study clearly showed this treatment is safe and extremely effective even for even the worst cases.

So, even if you aren't one of the worst cases... imagine what it can do for you.

What IS This Treatment And How Can You Find Out If It Can Help You?

As studied as this treatment is.... you may have an "Oh No!" reaction.

Why? Because there is a very good chance you have heard of it. You may have even given it a try... and NOT gotten good results.

That's because this treatment is actually pretty common now a days. But... and this is a very big BUT... there is a very specific way to apply this treatment (as done in the study) that makes it so successful. And many are NOT doing it this way.

So... please hear us out. This really might be the answer you are looking for. Ok... here is the treatment and the full scoop on why it works so well... when done THIS WAY.

The treatment is called "viscosupplementation." It is frequently called, "gel treatment." Or "joint oil".

In this treatment, a gel is painlessly injected directly into your arthritic joint. This lubricates the joint, reduces friction... and allows more movement without all the inflammation and "grinding" caused by arthritis.

This is like putting oil on a rusty hinge. Once the oil is applied, the hinge can move much better.

But here is something you must know:

In that research project, all of the procedures were done with highly advanced imaging to guide the injections and make sure the gel got into the joint space area ultra-precisely.

This is EXTREMELY important... because... research also shows that injections done WITHOUT this imaging to guide them... can miss the joint space about one third of the time.

That means, in one third of the injections, the gel wasn't in the joint space and couldn't possibly work!!!

We feel this is why so many people have tried this treatment and DIDN'T get good results like in the patients in this research.

So, if you have already had this treatment and it didn't work... was it done with this advanced medical imaging?

If not... there is still hope.

In fact, there is a very good chance you can still get relief.

Here is why: NYC Pain MD is a medical clinic located at 65 Broadway Suite 1004 New York, NY 10006.

We have physicians who focus in this treatment... and we use the advanced imaging to make sure the treatments are extremely precise and get the best results possible.

In fact, we have a doctor trained at the University of Pennsylvania School of Medicine, Cornell University and even Harvard Medical School.

We have the best... but we also make treatments VERY affordable

Just because we offer the best possible treatments and doctors... doesn't mean we



Study shows this treatment was successful in 75% of knee arthritis pain sufferers... saving them from surgery for at least 7.3 years. Will it work for you? Find out for FREE

are so expensive only rich people can get our wonderful treatments.

While treatments may be covered by Medicare and some insurances... we also offer pricing plans for as little as \$13.57 per week so patients can finally relieve their pain and try to avoid surgery.

We don't want lack of insurance or money to be the reason you continue suffering.

Your Special Invitation...

If you have knee arthritis pain... and are even just a little interested in finding out what this treatment can do for you... we are inviting you to come in for a FREE screening appointment.

During this screening, you will get to talk to the doctor... ask questions... and find out if you qualify.

We will go over everything with you... and you will breathe a big sigh of relieve finally having real answers and a specific plan to to possibly relieve your pain.

We will leave no stone unturned... and we will help you any way we can.

Please understand this:

This treatment can possibly take away your pain...

No matter how long you've been suffering. It really doesn't matter. It may take a little more time if you've been suffering for years as opposed to a "new" case... but in the end... you can still get tremendous results...

No matter how bad or helpless you THINK your case is. Many of our patients thought their case was hopeless, too far gone, for anything to help them. Many of their previous doctors told them that. Well you're NOT. With this treatment... the way our expert doctors do it... there is always hope.

Most of our patients have told us we were their last resort. Last stop before packing it in and completely giving up and submitting to surgery. They soon found out that our treatments made it really easy to get relief... and, best of all...

You Get To See If You Qualify For FREE

That's right. We want you to see EVERYTHING first hand and to *prove* to you... without a shadow of a doubt... we have the help for your knee pain that you are desperately wanting. And we want to do it without you spending a penny or risking anything to find out.

That's why we are offering you this free screening.

So my big question for you is – is the opportunity to wake up tomorrow morning... and every other morning for the rest of your life... with less pain... worth the 60 minutes it will take to be evaluated?

What else could you possibly do with that same 60 minutes that could have such a profound impact on the rest of you and your family's lives?

You know, it's really disappointing to me that so many people just go on living with pain when you don't have to. So many of patients tell us how they used to be in pain... just about every day.

They were in so much pain... they were grumpy and miserable all the time. They hated work. They're relationships were strained. Life was just one big struggle. Now that they've discovered what we will reveal to you at your free screening... all that's changed... Work and family have become rewarding and fun. Life is so much easier and better... in so many ways... without the pain. Finally, things start falling into place the way you always thought they would.

One of the best things or physicians and staff hear is "Hey doc since starting this program I've lost 17 pounds because now that I can finally move around pain-free the weight just keeps coming off!"

Which one of those amazing things I just mentioned would you like to happen to you... right now.

Maybe it's none of the things I've mentioned. But, you do have hopes and dreams. We all do. And pain robs you of

the opportunity to live out those hopes and dreams. Robs you of the life you really and desperately want... and deserve.

Whatever YOUR personal hopes and dreams are... They are all possible if you take action... right now.

All you have to do is give this a chance and schedule for the screening. But then again...

What's also possible is that your pain starts getting worse. And that happens to so many people from just doing nothing.

Taking action may seem like a little work... or... it may even be a little scary for you – but not taking actions is almost always worse. The eight most dangerous words to your future, your health, and your hopes and dreams just may be...

It Will Just Get Better All By Itself!

Fact is... it may only get worse.

Here Is How To Get Your Free Screening...

Just call us at 1-877-380-8537 and tell the scheduling coordinator you want your free screening. If you are one of the first 50, it is 100% free. No obligation or strings attached.

There is NOTHING to pay for and you will NOT be stressed in any way. We don't ever do that. You see, is not uncommon for us to get over 100 new patient calls in a single day.

Most are from word of mouth. But we wanted to open up this opportunity to as many arthritis pain sufferers as possible.

But because we get so many calls... we can only take 50 from what you are reading this month.

You have absolutely zero to lose and possibly everything to gain. But due to high call volume, we suggest you call now. 1-877-380-8537.



1-877-380-8537



Pat King
Grumble Editor

READER WRITE-INS:

GREAT NEW YORK DAY ... BUT WHERE ARE THE BENCHES?



I LOVE your Metro and here's my share if you wish to publish it anywhere... I'm from Valley Forge, PA, and took the train to NYC to see "Frozen" yesterday, which was beyond excellent. When I returned to Penn Station and the NJ Transit line, I was SHOCKED to see people sitting on the steps blocking traffic and I had a hard time maneuvering down them! I'm 71 and need

a railing!!! ... Then, I understood why—they were waiting for the track number to be announced, and, until then, no one could go anywhere. The further I entered the lobby, the more people I saw sitting on floors, leaning against poles or on trash receptacles, and, I'm sure wondering, "Where's the common sense here?" How could "top officials" NOT know

about this eyesore? How could his NOT be a massive jam ALL the time? Ugh. . . How does THIS look to visitors? Like America has lost it and has forgotten about genuine serving!!! It did to me! Where were some benches? Some chairs? Long pews? WHY hasn't this been brought to anyone's attention? This is NOT acceptable!!! There was a LONG wall where a LONG

comfy bench could be placed for those of us who tire easily from standing or have hip/knee/foot issues or are just plain pooped. Even though I am 71, going on 17, ha ha, I desperately wanted to SIT DOWN SOMEWHERE!!! I finally leaned on a trash receptacle for a few seconds and then a man came over to empty it... what timing, or, maybe he got some sick pleasure

out of seeing me move because he had clout and authority and, heaven forbid, if I should scream "LEAVE ME ALONE, I'M TIRED!" and then draw attention and get arrested. Grrrr. Thank goodness I WAS too tired to scream some lovelies. PLEASE, the next time I visit, which I'd like to be VERY SOON, PLEASE give me a place to rest my weary bod as I wait for my choo-choo! THANKS! PS. It really looked like a mass migration to leave a dying land. Can this REALLY exist in America AND in New York's biggest finest city? Gulp! Has the Big Apple gone Rotten??? Bring back The Golden Delicious and Gala!!!

— Nancy Oneness, Metro US reader

VENT TO US!
GRUMBLE@METRO.US

#metrohumble

A BIRTHDAY GIFT

I would like to share this story which I encountered on my birthday. Here it is: It was my birthday, and that day I celebrated by myself. I went to attend Mass, and on my way out, I saw a homeless man sitting on a stool with his pet dog. There was a box in front of them where people can drop money on it. It was freezing cold that day, about 30 degrees. I felt the man must be cold and his dog was covered with a piece of cloth around its body. I was touched by the scene I saw. I stopped for a while and suddenly the man told me that his dog's name was Lucy. I said it's a pretty name, then I handed him a bag with a large cup of hot coffee and a banana on it. I told the man that it is my birthday so I wanted to give it to him as a gift. He smiled at me and said, "Happy birthday. Thank you for the gift." It was the first time in my life a homeless man greeted me on my birthday. I smiled and left with a happy heart. Random Act of Kindness was the greatest gift I ever had!

— Mari Fernandez, Metro US Reader



Please remember to send your Humbles to humble@metro.us. These submissions can be acts of gratitude, positivity or kindness that you have seen throughout the day.

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INVITE THE WORLD TO YOUR EVENTS
List your event on metro.us/events

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Aries Channel your energy wisely and avoid getting into an argument. Volunteer to help someone who has aided you in the past. Be smart with your money and invest in your future.



Taurus Look for an outlet that will take your mind off annoying situations. Don't share personal secrets. Concentrate on physical improvements that will build your confidence.



Gemini Look at the possibilities and learn all you can to ensure that you have everything you need to make positive changes in your life. Aim high.



Cancer Don't let an outsider meddle in your personal affairs. If you must socialize with colleagues or peers, be a good listener. Build relationships and gain allies.



Leo Don't leave your responsibilities for someone else. You'll be disappointed in the results, and it will make you look bad in the eyes of superiors.



Virgo Stick to what and who you know. Don't let anyone limit your dreams or interfere in your plans to get ahead. Use your charm, experience and knowledge to wow someone.



Libra Get along with everyone, regardless of what others do or say. It's in your best interest to stay calm and avoid controversy. If you make special plans with a loved one, your day will improve.



Scorpio You can take a unique approach to life, as long as you aren't extravagant or unreasonable. Discussions will get heated if you share too much information.



Sagittarius Take care of domestic matters. Make changes at home that will add to your convenience and comfort. Physical fitness will help alleviate anxiety. Romance is encouraged.



Capricorn You'll feel the need to make adjustments. Start within and work your way out. Purge what is no longer important to you. Free your life of unnecessary clutter.



Aquarius Personal improvements will pay off, but don't be too quick to overspend on a product that promises the impossible. Put your money into fitness, a proper diet or a trendy new look.



Pisces If you connect with someone who has helped you or collaborated with you in the past, good things will transpire. Walk away from indulgent people trying to tempt you to excess. EUGENIA LAST

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16 metro

LIFESTYLE



Colton Underwood, ABC

Meet the *new* 'Bachelor'

Everything you need to know about season 23 of the hit reality series.



ANDREW HUSBAND
drew.husband@metro.us

Five whole months after the three-hour conclusion to "The Bachelorette" season 14, "The Bachelor" season 23 is set to premiere Monday night on ABC.

Colton Underwood, a contestant on the previous "Bachelorette" season, was named as the successor to "Bachelor" season 22 star Arie Luyendyk Jr. back in September. Now that the latest iteration of the reality-television franchise is set to begin, here's everything you should know about the new season, its star and the cast of lovely ladies competing for his affection.

Who is the star of season 23?

Before becoming a reality-television sensation, Underwood played college football at Illinois State

and professional football for the San Diego Chargers. He was an undrafted free agent in the NFL but ultimately decided to retire. Soon after, he piqued ABC and its viewers' interests with back-to-back appearances on "The Bachelorette" and season 5 of "Bachelor in Paradise," the franchise's late-summer entry.

"I'm so grateful. I can't tell you how much I've been smiling," Underwood told People of becoming the new "Bachelor" back in September.

"Third time's the charm, hopefully," he told "Good Morning America." "It took appearing on the two shows to finally reveal what I want in a life partner."

Who's in the cast?

Of course, Underwood isn't the only star of the latest season. There's also the 30 new women whom the show's producers and casting agents have spent the past few months selecting for the show. They include Hannah Brown, who won the Miss Alabama title in 2018; Alex Blumberg, a

dog rescuer from Vancouver; Miss North Carolina 2018 winner Caelynn Miller-Keyes; and dozens of other single women vying for Underwood's attention.

The rest of the cast features many ladies from Texas and California, like Brianna "Bri" Barnes, Demi Burnett, Erika McNutt, Heather Martin, Adrienne "Jane" Aver, Kirpa Sudick, Laura Pellerito, Onyeka Ehie, Revian Chang and Tracy. They also feature contestants from Florida, New York, Colorado and other American states and Canadian territories.

As big and diverse as the season 23 cast is, however, no accounting can be completed without mentioning the recent video of Bri Barnes. The Los Angeles-based model will apparently be faking an Australian accent in order to stand out. "I'm not really Australian," she says in the clip, "but you have to do what you can to stand out." So yeah, this is going to be fun.

"The Bachelor" returns tonight at 8 p.m. on ABC.



"The Bachelor" is back. CRAIG SIODIN/ABC

The Powerful (and little known) Back Pain Treatment Used By Smart New Yorkers Who Don't Want Back Surgery or Opioid Drugs

NEW YORK CITY - A major back pain relief opportunity is at hand. But if you are interested, you must act quickly.

Here is why: Back pain ruins lives... and puzzles doctors.

You go through so many exams and tests... and treatments... and only end up suffering and frustrated.

And everyone is quick to say they have the "new breakthrough solution."

Am I right?

Well, the fact of the matter is... treating back pain is difficult. But advances in modern medical science and technology have created a treatment that has gotten great results with countless back pain sufferers who had tried everything else. Many had given up hope.

This treatment is called:

"Radiofrequency Neurotomy." RF for short. And here's how it works...

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your back or neck and one of their jobs is to sense PAIN.

Radiofrequency waves delivered to these nerves under advanced precision medical imaging to target the damaged areas... done right in their own clinic without intimidating, expensive hospitals or surgical centers ... to "block" the painful nerve flow.

Two steps in the formula are performed. First, a test or diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency" will be performed for longer term relief.

NOT just the Treatment alone that's the key ingredient.

You see, the real secret is the formula. And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step number one.

And the best part about this screening is... It's FREE



FREE screening available for powerful back pain treatment

This screening will give you so much relief just knowing what is going on... and what your best options are.

That's right. *NYC Pain MD* offers this first step screening at no cost to patients. The only problem is... they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes it's hard to get through. If you don't get through to someone when you call... keep calling... or leave a message... it will be well worth it.

But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you will understand completely. Not all complex "doctor talk"...

This may be one... or a combination of the advanced medical treatments offered at *NYC Pain MD*.

Everything will be explained and all your questions will be answered. And even better:

You will be given all this At NO COST. *NYC Pain MD* docs are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with up to 100 inquiries a day from patient's looking for relief, it's often hard to even get a treatment spot.

You should also know this: While *NYC Pain MD* cannot help everyone...

so many have gotten the pain relief they were looking for.

One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

At the very least, you will finally have some direction and a plan. And... whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone.

They do not want insurance issues... or not being rich or famous... to keep you away if you are suffering in pain.

How To Schedule Your Risk-Free No-Obligation Screening Evaluation

There is a whole lot more I could say about their treatments etc... but this space is limited and that's best left for you and the doctors to discuss in person.

So... if you are even remotely interested ... take the first step and give them a call at **877-245-9252** and ask for your free screening.

One more thing... We often get over 100 calls in a single day. For that reason, if when you call you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is **877-245-9252**. More info at: painmdny.com/back-pain

Is Finding The Best Treatment For Your Knee Arthritis Pain Worth 30 Seconds To You?

What if... there was a way to finally get straight answers about the most cutting-edge medical treatments for knee arthritis available today...

Answers from REAL MEDICAL DOCTORS who are experts in this field...

Doctors that have already treated THOUSANDS of knee arthritis sufferers...

Doctors who will tell you exactly what your best options are and what can realistically be expected... without making huge (and false) claims... just to sell a product or service... and then deliver junk that does little or nothing for your pain?

Well... now you can.

Here is how...

NYC Pain MD is a medical clinic with 2 locations in New York City that has medical doctors specially trained in some of the most advanced, cutting edge knee arthritis treatments available today.

And they have put together an information kit that details some of these advanced medical procedures that have already helped thousands.

Including... what you need to know about joint lubricating injections, platelet rich plasma (PRP), stem cell therapy... and more.

This free information kit contains a video and report that will also explain the two arthritis treatments paths you

should know about and what "Precision Arthritis Targeting Technology" is and why it has already helped so many arthritis sufferers.

How To Get Your Information Kit...

All you have to do is go to painmdny.com/knee and click the button that says "Click here to get a free knee arthritis treatment info kit."

Then put your name and email address in the space provided and you will be emailed a video and PDF report detailing what treatment options could be the best for your arthritis pain and how we might be able to help you.

We will also send you a way to get a free screening to see if you qualify for one of the advanced medical treatments. **It is 100% free with no further obligation.**

If you are interested in the screening... awesome. If not, that's ok, too... at least you will have all the information and options.

And if you don't have email... you can click the red "knee pain" button and you will instantly watch a video detailing some of your best options. If you are looking for proof... I think you will find it on this website.

After getting this information and watching the video... you will breathe a big

sigh of relief knowing what your best options are and what treatments might finally relieve some or even all of your knee arthritis pain.

And let's be crystal clear about this... NYC Pain MD is a real medical clinic with real medical doctors.

You will be getting real quality information about real medical treatments.

This is NOT some fake "wonder cure." In fact... you will NEVER see any guarantee of results. This is because... in the world of science and real medicine... Guaranteeing results is impossible.

Every patients is different... and so are the results. Any doctor (or marketer!) telling you different is lying to you. I have seen some of the "miracle cure" ads that are everywhere. I bet you have too.

That being said... We will be completely upfront and honest with you. Refreshing... isn't it?

So... if you are looking for up to date... honest information about some of the best possible medical treatments for knee arthritis pain...

Go here painmdny.com/knee and request the information kit or just watch the videos on that page.

Or if you would like to reserve a free screening before they are all gone call 877-228-5490 right now.

Commit to travel

Resolved to get out more in 2019? There's no easier way to take the first step.



EVA KIS
eva.kis@metro.us

One of the most common New Year's resolutions people make is to travel more. We also know that to actually follow through on a resolution is to take the first step toward it — but who's got the money to reserve a big trip after the holiday season? You do, when the down payment on a once-in-a-lifetime trip is just \$1.

From now through Feb. 15, you can book one of over 1,000 trips to more than 100 countries with just a \$1 deposit at Intrepid Travel. The company leads small groups (average size is 10 people) on active adventures that have travelers meeting and



even staying with local people, so be ready to really experience not just a new place but a different way of life.

Here are just some of the adventures to stir up your wanderlust:

Vietnam by sea: Sail among Vietnam's floating villages in Halong Bay between stops in Hanoi and Ho Chi Minh City.

Travel for all ages: Bring the whole family on a trek through Morocco, from picturesque Marrakech to a camel trek in the Sahara Desert.

Taste of India: Foodies can take a vegan tour of India, exploring the sights and cuisines of Delhi, Jaipur and Agra.

See modern and ancient Japan: The 13-day

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trek will take you from the dizzying streets of Tokyo to Kyoto's temples, ancient castles and incredible natural beauty.

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Now for the fine print: The \$1 deposit offer is only good for trips departing before Dec. 14, 2019, and certain trips are excluded including

private tours, adventure cruises, gorilla treks and expeditions. (Ever wanted to run with Siberian reindeer herders? You can, but you'll have to pay the full deposit.)

The full deposit is due either 56 days before your trip, or by May 15, 2019, if you're traveling after July 15, 2019. To see all the trips you can book for \$1 and details, visit intrepidtravel.com.

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Growing a career in the *legal marijuana industry*



ALL PHOTOS GETTY IMAGES

With legalization spreading throughout the Northeast, the time is now to think about getting into the weed business.



PAT KING
patrick.king@metro.us

Finding a successful career can sometimes be as simple as being in the right place at the right time. By understanding job trends and what types of positions the workforce at large is desperate to fill, you can align your studies to build a résumé that can help you to jump into those trendy “zeitgeist” jobs that will offer stability in your professional life. How many people do you

know who either got in early on the ground floor with some of the more tech-centric professional paths or who have pivoted their studies in that direction to make a complete 180-degree career change?

Right now, one of the most red-hot industries coming to the Northeast is the legal marijuana industry. As many states on the West Coast, like California and Colorado, have been enjoying the spoils of legal marijuana for a few years now, states like Massachusetts on the East Coast are following suit with legal recreational use of the substance. With the recent news that New York Gov. Andrew Cuomo is looking to pass legislation legalizing

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marijuana in New York state, it seems like the dominos are beginning to fall where they really count in the progression towards nationwide legalization. To give you a sense of how profitable it is projected to be, Business Insider recently predicted that legal marijuana will be a \$21 billion industry by 2021. Keep in mind, that was well before Cuomo had his leafy-green epiphany.

You can practically feel the engines revving on this new career path

as wider legalization is just around the corner. So what are some of the ways that you can build your résumé to jump into this new boom career?

Make sure you have relevant experience

As dispensaries begin to pop up in newly legalized states, these new businesses will be looking to build their staff — much like their crops — from the ground up. That means the positions they are looking

to fill run the gamut from experienced customer service employees and web developers to botanists with experience working with cannabis and individuals who hold degrees in chemistry and are able to work with cannabis extraction. Think of it this way: If you have an interest in working with and around weed, you will have to prove to your prospective employers that you have the goods to prove your worth and that you are dependable.

Make sure you have a squeaky-clean rap sheet

Many dispensaries, such as Vangst in Boston, require applicants to be able to pass an FBI background check, and even include it on their ZipRecruiter applications in order to see if you have any hidden felonies in your past. Because the legalization of marijuana is such a new thing in states like

Massachusetts, employers need to make sure that they only hire people who are interested in the product and, just as importantly, have never been on the wrong side of the law as a result of their interests prior to its legalization. So, before applying, make sure everything in your past has been accounted for and that no surprises will pop up during the application process.

Remember, this is a growing career

While you may be excited by the possibilities of living and working in a state with legal marijuana, remember that this is a business first. When you take out the meaning behind it, you are still handling a product that is being sold for a transaction. The business will only thrive if you help it to. So keep perspective!



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Knicks receiving calls for Kanter

The veteran center has come off the bench in each of the last four games.



JOE PANTORNO
joseph.pantorno@metro.us

Teams around the NBA are taking notice of New York Knicks center Enes Kanter's dwindling playing time in the Big Apple.

The Athletic's Mike Vorkunov reported on Sunday that the Knicks are receiving calls about a deal involving Kanter and they are listening, although nothing has gained serious traction as of yet.

One of the most seasoned members of an inexperienced (and bad) Knicks roster has once again been virtually benched — this time in favor of Luke Kornet — during New York's six-game road trip.

He's come off the bench in the first four



Enes Kanter is receiving trade interest as the Knicks continue to have him come off the bench. REUTERS

games of the swing, albeit his minutes have steadily increased from just 14 minutes on Dec. 27 against the Milwaukee Bucks to 26 in Friday night's win over the Los Angeles Lakers. Kanter put up 16 points and 15 rebounds in what was the Knicks' third victory since Dec. 1 as they are 3-13 in their last 16 games.

It's a rare win in a season of experimentation for new head coach

David Fizdale. Despite Kanter putting together another solid season with 14.4 points and 10.7 rebounds per game, he was also benched for 12 games from Oct. 26 to Nov. 18 in favor of Mitchell Robinson.

His treatment has been somewhat puzzling considering Kanter is one of the most talented players on a Knicks roster destined to compete for the No. 1 pick of the 2019 NBA Draft. The

26-year-old has also been vocal about his love for New York and his desire to stay with the Knicks for as long as possible.

The Knicks, however, are on the cusp of major changes following this season. Not only do they have the chance of getting a generational talent in the draft, whether that be Zion Williamson or R.J. Barrett, but they could be major players on the free-agent market that could yield a star

talent like Kevin Durant.

It has made this season feel like one elongated tryout for each and every player and prospect on the Knicks roster. In total, 15 different players have appeared over the first 39 games of the season.

The prospect of acquiring the likes of Williamson or Durant, both forwards, will only create a logjam in the frontcourt for the Knicks. Rookie Kevin Knox and the recovering Kristaps Porzingis are already vital assets of the organization's future. While Porzingis' natural position is the 4, he has the size to dominate at the center position. If the Knicks do in fact add premier talent to their forward spots, that shift could become a very real possibility.

It would make Kanter expendable, though the Knicks' current tactics involving him have seemingly given off that vibe to the rest of the league.

Yanks not done after Zach Britton signing

The New York Yankees bolstered their bullpen on Saturday night by bringing back reliever Zach Britton on a three-year, \$39 million deal with an option for a fourth year.

It extends the 31-year-old southpaw's stay in the Bronx after he was acquired from the Baltimore Orioles at the 2018 trade deadline. The two-time All-Star's acquisition for the stretch run added even more firepower to a loaded bullpen that featured the likes of Chad Green, David Robinson, Dellin Betances and Arleidis Chapman.

But New York's fourth-ranked bullpen did experience the loss of Robertson this offseason, who opted to sign with the Philadelphia Phillies last week. The loss of Britton would have been a sizable blow considering the Yankees are expected to put heavy reliance upon the bullpen again in 2019.

The addition of Britton was essential last year given the struggles



The Yankees re-signed reliever Zach Britton on Saturday. Is Adam Ottavino next? GETTY IMAGES



of their starting rotation. While they acquired James Paxton from the Seattle Mariners this offseason, the rest of the rotation remains largely unchanged. The hypothetical hope that Luis Severino will return to

form while Masahiro Tanaka stays healthy is a bit of a gamble.

Britton ensures the back end of the Yankees' bullpen stays strong, but they might not be done yet.

Jon Heyman of Fan-

cred reported shortly after the re-signing of Britton that the Yankees are still pursuing free-agent right-handed reliever Adam Ottavino.

The 33-year-old New York City native is coming off a career

year with the Colorado Rockies, his seventh and likely final season with the club. In 77.2 innings, he posted a career-best 2.43 ERA with 112 strikeouts, an impressive mark considering he called one of the most hitter-friendly parks in Coors Field home.

Much of his success derives from a devastating combination of a sinker and slider that has left plenty of befuddled batters in its wake.

Ottavino would not only add another top-tier arm to the Yankees' bullpen that replaces Robertson, but it also would provide general manager Brian Cashman with insurance seeing as Betances will become a free agent following the 2019 season.

It might not be as attractive as the prospective big signing of a free-agent megastar like Manny Machado or Bryce Harper, but it could be just as important should the starting rotation struggle.

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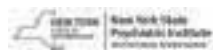
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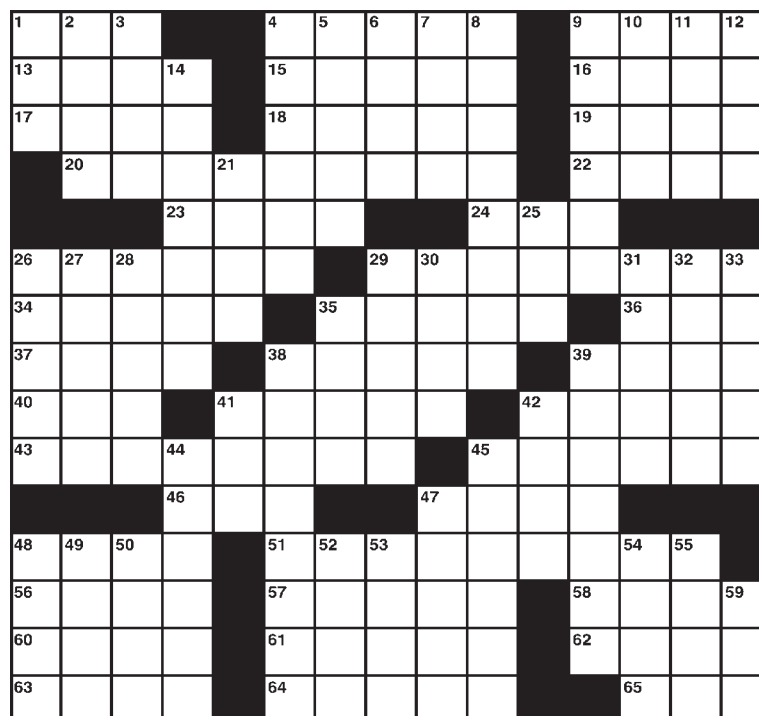
- 1 Opponent
4 In the ___ luxury; very wealthy
9 Recedes
13 No ifs, ands, or ___
15 "___ of Two Cities"
16 Kauai feast
17 Dermatitis symptom
18 Black-and-white animal
19 Clinton's 1996 opponent
20 Outrageously bold
22 Black-___ peas
23 Yank
24 "...___ the season to be jolly..."
26 Tension
29 Currier and Ives, e.g.
34 Entire
35 Injury
36 Feel sorry about
37 Fighting force
38 Part of a fork
39 Brazilian soccer great
40 ___ culpa
41 Buckets
42 Ran fast

- 43 Large necklace dangles
45 Cream puff or éclair
46 St. Joan of ___
47 Pantry stackables
48 First man
51 Largest Spanish-speaking nation
56 Malay prince
57 24 ___ gold
58 ___ off; dozes
60 Steep rugged rock
61 Uneven
62 Stare
63 In this very place
64 Stitched
65 Witch's spell

DOWN

- 1 J. Edgar Hoover's agcy.
2 Pitcher's delights
3 Carve in glass
4 Suit coat parts
5 ___ costs; regardless of difficulty
6 Part of a window
7 Cutlass Ciera maker
8 Eating sumptuously
9 Firstborn
10 Life ___; ring-shaped floater
11 Actor Christian

- 12 Hauled into court
14 Curvaceous
21 Think deeply
25 South Bend's state: abbr.
26 Wetland
27 Midafternoon
28 Word with numerals or Catholic
29 Swimming spots
30 Gallops
31 Standing straight
32 King or emperor
33 Run-down; shabby
35 Judge's order
38 Breakfast choice
39 Temporary
41 Golf term
42 Angry speech
44 Wreak havoc on
45 Was out of breath
47 Stop
48 Part of the foot
49 Show courage
50 Slightly open
52 Seldom seen
53 Get bigger
54 Actor Wyle
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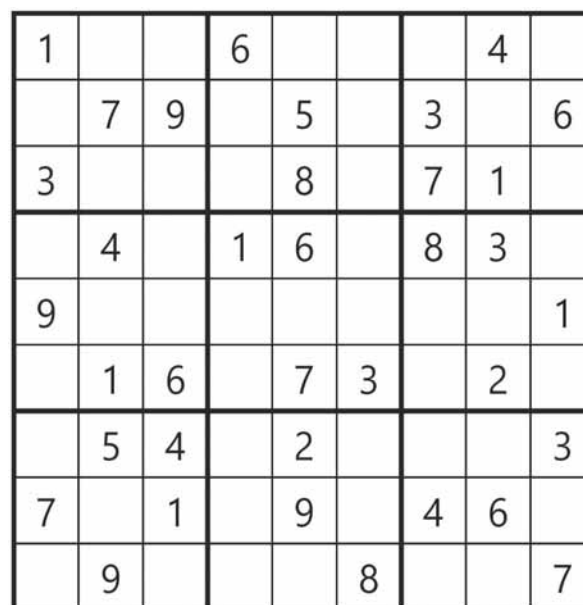


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Cage
City
Face Off
Ghost

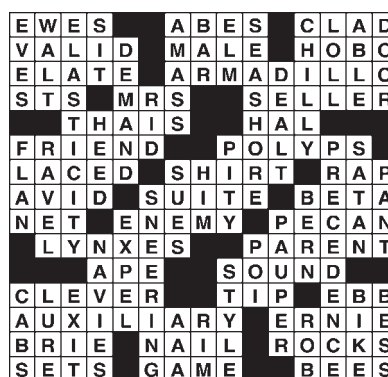
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